



Heritage Center

May-June 2016



A Recreation Center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center
#10 E. 6150 S.
Murray UT 84107
801-264-2635
heritage@murray.utah.gov
www.murray.utah.gov

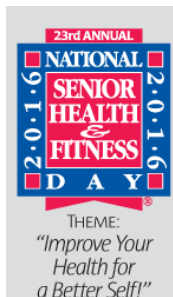
Services Offered

- Arts & Crafts
-
- Cultural Programs
-
- Education
-
- Exercise
-
- Health Services
-
- Information & Referral
-
- Lunch Program
-
- Recreation
-
- Socialization
-
- Transportation
-
- Travel
-
- Volunteer Opportunities

Director's Report—New Flooring throughout the Center

The Center is scheduled to have the flooring replaced the last two weekends in June. We are looking for volunteers who might be able to help us paint a few of the rooms before the flooring is installed. We will provide all of the supplies for painting if you will help provide the man power. Interested painters can give their name to the front desk and we'll let you know when we have a room lined up to paint. You will notice that most of the walls in the building need painting. Unfortunately we only have funds for flooring so the painting will happen as we get volunteers or more funds. Be prepared for some disruption the last two weekends in June as we move things around so flooring can be removed and replaced. The plan is to take care of half of the building one weekend (June 17) and the other half the next weekend (June 24). Your help is also needed in deciding the color of the flooring. Samples for the carpet and vinyl planks are available at the front desk. Stop by and cast your vote. The carpet will go into the lobby, hallways, west conference room, computer room, and small conference room. The vinyl planks will go into the dining area, stage, pool room, exercise room, east conference room, and activities room. Thank you for your patience in advance as we work on this very large project. — *Susan Gregory*

National Health & Fitness Day at Viridian Event Center



National Senior Health and Fitness Day is **Wednesday, May 25 from 12:30-5:00** at the Viridian Event Center, just 5 miles from the Heritage Center, right behind the West Jordan City Hall. We have teamed up again this year with Salt Lake County Aging & Adult Services to participate in this joint event at the Viridian Event Center. The Heritage Center bus will provide free transportation. Sign up at the front desk for the transportation. No registration needed for the event. Events that day will include:

- 12:30-1:00 Walk (meet in the lobby of Viridian Center)
- 1:00-5:00 Exercise Workshops, Pickleball Lessons, Information Booths and Educational Presentations

Speakers include: 1:00 "Eating Well: Take 2 Radishes and Call Me In The Morning" with Dr. John Heinerman. 2:00 "Seniors in Action Panel" with John Hamilton, Julie Morgan, Gary Ladle, Suzanne Johnson. 3:00 "Being Well" speaker to be announced. 4:00 "Thinking Well: Who Says You Can't? Attitude, Positive Thinking and No Limits" with Lynne Buckner. Two keynote speakers after the walk: Phillip E. Allsen, Ed.D. His passions are fitness and teaching. Robert Hill, Ph.D. author of "Positive Aging" will talk about finding happiness and well-being in the aging process.

The Heritage Center Newsletters are saved for future reference at murray.utah.gov (department Heritage)

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication. Rates based on a one issue insert: \$200 full page, \$250 back page, \$100 half page, \$50 1/4 page, \$25 1/8 page. Multi-issue discounts are available. Call or email the Center Director for more information. 801-284-4237 or email sgregory@murray.utah.gov

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Newsletter—Notary—Gift Certificates—Credit Cards

This **Newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant card and have provided an email address, available to pick up at the Center, online at www.murray.utah.gov or mailed to your home with a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$1.00 per issue.

Susan Gregory, Heritage Director, is a **Notary** and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged.

The Center accepts all major **Credit Cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person.

Gift Certificates are available for Center Programs. If family or friends need gift ideas, tell them about Center gift certificates!

Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need.

Murray City Administration & Heritage Staff

Mayor — Ted Eyre

Public Services Director— Doug Hill
City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

Heritage Staff

Director — Susan H. Gregory

Program Coordinators — Maureen Gallagher & Wayne Oberg

Secretary — April Callaway

Receptionist — Becky Sanborn

Ceramics — Cindy Mangone

Meals Supervisor — Calli Johnson

Meals Assistant—Amanda Hukabee and Nathan Root

Custodian — Don Smith

Vehicle Driver — Robert Himes,
Volunteers-Jerry Budd, Chuck Dillard

Building Attendant — Pete Wright

Heritage Advisory Board

Judy Baxendale, Brenda Clausen,
Donna Gaydon, Ed Houston, Jenny Martin, Erich Mille, Pete Wright,
Rod Young.

Scholarship Program

In an effort to enable all senior adults access to Center programs, activities and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship program is available. The scholarship provides up to \$70 per month to an individual to help pay for Center activities. The program is made possible by donations. In order to be eligible you must prove a financial need and meet certain criteria. The current income guideline is \$15,889/year for an individual. Applications are available at the front desk or see the Center Director.

Finding Joy After Loss

On **Wednesday, May 18 & June 15 at 12:30**, Whitney Howey from Inspiration Hospice will be at the Center to present a support group **"Finding Joy after Loss"**. After the loss of a loved one, we experience a wide variety of feelings and emotions. Most of us have no idea how to process the flood of emotions. The ever-changing emotions we experience with grief can sometimes catch us off guard. We all need a support system to help us move through our grief journey and learn to find the joy in life again. While family and friends are vital, unless they have experienced a close personal loss, they most likely don't fully understand. That is where support groups can become a valuable resource. Come join us to find companionship and understanding from others who have also experienced a significant loss and are facing similar challenges while adjusting to what a loss can bring. This is a free class, register now.

Advance Directives

On **Thursday, May 19 at 10:30**, a representative from the "Elder Law Section" of the Utah Bar will present an Advance Directive class. The Utah Advance Directive is a multiple use form, combining the former "living will" with a "health care power of attorney". It's a tool to appoint a health care agent to make decisions if the person is unable to speak for themselves. This form has many advantages, including the ability to do away with the need for expensive and burdensome court proceedings for guardianship. A volunteer lawyer will discuss how to complete the form. This is a free class, register now.

Caregiving Dementia & Music

Join us on **Friday, May 13 at 1:00** to take part in the Caregiving, Dementia & Music Celebration. May is "Making Sense of Alzheimer's Month" and the Utah Association of Music Therapy is raising awareness about the power of music in dementia care. This workshop will discuss the many ways music can be used to help lighten and brighten the caregiver's load. Some of the topics covered will be: When so many other brain functions are damaged by dementia, why does music remain? How music often provides a natural way for communication and interaction with your loved ones. Using music to help with difficult times of the day (dressing, bathing, eating, etc.) Learn about the Music and Memory program; how you can utilize it, support it, or create your own playlists to help decrease agitation or improve mood. Music and self-care for caregivers.

We invite you to bring your loved one with you. At the same time, in another room, there will be 3 board certified music therapists facilitating music therapy session. Participants can sing, play, create and move to the music that is known and loved. Experience the joy of music therapy.

Other music based events in Salt Lake City to celebrate "Making Sense of Alzheimer's Month":

- Monday, May 9 — screening of the Sundance award-winning film "Alive Inside" followed by a short presentation at the Broadway Centre Cinemas. If interested in attending, call 801-746-4334 ext. 113.
- Friday, May 20 — The Utah Symphony is presenting the "Finishing Touches" concert. Call 801-533-6683 to reserve complimentary tickets and for time of the event.

During the month of May, the Utah Music and Memory Coalition are holding a drive and collecting working iPod's, iTunes (cards or cash). Donations may be brought to any of the above events.

Afraid of Falling? - Come build confidence and learn to reduce the risk of a fall

On **Monday, May 16 at 10:30**, Kristen Gooch, from the Utah Fall Coalition, and a team of experts will be at the Center to present a class on Fall Prevention. They will present on a multidisciplinary approach regarding fall prevention. A representative from the Murray EMS community will speak about home safety. Sally Aerts, Director of the Stepping On program, will speak about strength and balance exercise. A pharmacist will speak about medication. A snack will follow the presentation and free giveaways will also be presented. The number of falls can be substantially reduced through evidence-based interventions, lifestyle changes, and community partnerships. Come and learn how you can prevent a fall that could threaten your health. Presented by: Utah Department of Health, IMC, St. Mark's Hospital. This is a free class, register now.

Mother's Day Tea—May 2

Reminder: Mother's Day Tea—**Monday, May 2 at 11:30**. The event is currently sold out. Don't forget to wear your favorite hat! Legacy Retirement Community will be awarding prizes for the oldest, most original, and funniest hat! If you have any old hat boxes for a display, see Moe.

Look What I Made

Please join us on **Tuesday, May 10 at 2:00**, when we create a cute Uncle Sam door hanger. We will meet again on **Tuesday, June 14 at 2:00** to paint a fire cracker wood decoration. See the samples in the lobby display case. The cost is \$5 per class and all supplies are included. Register now for these classes. You will be able to finish the project and take it home the day of the class.

Beginning Genealogy Class

A 5-session beginning genealogy class will start on **Wednesday, June 1 from 12:30-1:30** and will run through **Wednesday, June 15**. Class is held on Monday and Wednesday. This class offers a series of "Family History" training classes that will teach state of the art computer software techniques and strategies for finding family ancestors and records. Family Search and Family Tree are free to the public. They are wonderful tools that will help family members seek and find their ancestors. These classes will be taught by Glen Sisam who has over 30 years of experience in this field. Space is limited to 6. This class requires some basic computer skills. Register now for this free class.

Wednesday Painting: Oil & Watercolor

A new six-week session will begin on **Wednesday, May 25 from 9:00-12:00** and will run through **Wednesday, June 29**. The cost is **\$30** and payment is needed in advance. Teri Wood-Elegante is the instructor. Teri has trained under some of the best masters in watercolors. She will also be teaching oils. Space is limited to 15. Registration begins on May 10.

AARP Smart Driving Class

The AARP Smart Driving Class will be held **Tuesday, May 31 or June 28 from 9:30-2:30**. Sign up at the front desk. The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee at the start of the class. Make your check out to AARP and pay the day of class. They do not take Credit Cards. Bring your AARP membership card and valid driver's license. Check with your insurance company to see if they offer a discount for attending.

Intermediate Genealogy Class

The Center is pleased to offer a four-session class, "Intermediate Genealogy" from 12:30-1:30 on **Mon. & Wed., June 20, 22, 27, 29**. ***You will need to have completed Beginning Genealogy to register for this class.*** Glen will be teaching: Input and managing family relationships, managing accounts and settings, how to send an e-mail to FamilySearch support, collaborate with others working in the same family pedigree, learn and use personal relationship rules, and work with duplicates and family relationships. This is a free class, register now. Space is limited to 6.

Vital Aging — March & April

On **Tuesday, May 24 at 10:30**, the wellness topic is: **Money Smart for Older Adults**. Older Adults can be prime targets for financial exploitation both by persons they know and trust and by strangers. Learn important points to consider in planning for a more secure financial future, how to guard against identity theft and financial exploitation, as well as ideas about how to prepare financially for unexpected life events. Tifani of the Vital Aging Project will be at the Center at 10:00 just before this 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life. This is a free class, sign up now.

On **Tuesday, June 28 at 10:30**, the wellness topic is: **Looking Out for the Well-being of Yourself and Others**. One thing that all human beings have in common is that we all experience stress, conflict, hardships or times that get us down. There are many different ways we respond to these challenges. Some of us seem to rise above them; others get through them, but at some cost. Then there are still a lot of us who appear to have difficulty recovering from them. Tifani will be at the Center at 10:00 to meet with anyone needing one-on-one help.

Senior Learning Network

Through the wonders of technology (video conferencing), the Center will continue to offer some special interactive presentations from around the country through the Senior Learning Network. Join us on **Friday, May 20 at 9:00** for "**Loons and Lady Slippers: All About Minnesota**", a fun, fast-paced tour of Minnesota discovering how land, people and ideas converge to create "The Land of 10,000 Lakes." Participants will examine industry, topography, official Minnesota symbols and more. Free, sign up now.

On **Friday, June 24 at 12:00**, follow divers LIVE as they explore the underwater environment of the **Channel Islands**. Over 1000 species of marine organisms can be found in the waters surrounding the Channel Islands. This interactive broadcast will take you on a virtual hike through the kelp forest to get a rare glimpse into this seldom seen world without even getting wet. The divers explain what the camera is revealing and answer your questions about the kelp forest and its many inhabitants. Free, sign up now.

Climbing the Peaks

The Center is pleased to bring back **Carol Masheter** to present some of her latest adventures on **Tuesday, June 7 at 10:30**. She will be sharing her pictures, videos and narration of her most recent trips to Tanzania to climb Mt. Meru, Mt. Kilimanjaro, and photos of her safari of the East African wildlife in three national parks (Lake Manyara, Ngorongoro Crater, Tarangire). She will also share her spectacular experiences of wildlife, up close and personal, as well as some of the most gorgeous sunrises ever to be seen. Carol summited Mt. Everest at age 61 and is the oldest woman in the world to summit the highest peaks on each of the seven continents. She is the author of "*No Magic Helicopter*" and "*Brightest of Silver Linings*". Carol's presentations are filled with adventure, warmth and great knowledge. You feel like you are with her and her team every step of the way. This is a free class, register now.



Gadget & Computer Classes

The computer lab has 6 personal computers running Microsoft Windows 10. Computers are available any time a group class is not being held. The Center also has an iPad available for use while at the Center if you'd like to try out a tablet. There is no charge to use the computers, but printing is 5¢ per page and users must sign in and list the computer they are using. Check at the front desk for information on private lessons and we will try to hook you up with an instructor. We currently have one volunteer and we are looking for additional instructors. See Susan if interested.



Chakra Meditation

Chakra Meditation with Barbara Battison, Massage Therapist, Energy Body Worker, and Reiki Master, starts on **Monday, June 6 and runs through Monday, August 8 from 10:30-12:00**. The cost for this 8 week class is \$20 or \$3 per session. Barbara will present in-depth information about how Chakras and Meditation work. You will learn different ways to take responsibility for your own health. A portion of this class will be spent on Meditation and how to activate and keep your Chakras balanced. Register for this class now.



Watercolor Class

The current watercolor class "Here Comes Spring" runs through Monday, May 23 or Thursday, May 26. The next watercolor class will start **Monday, July 11 from 9:00-12:00** or **Thursday, July 14 from 1:00-4:00** and will run through the week of Monday, September 12. The class will run for 8 weeks and the cost is \$43. Register beginning Tuesday, July 5. Specify if you want the Monday or Thursday class when registering. Previous watercolor experience is required. The instructor is John Fackrell.

Neck Pain & Headaches

On **Friday, June 3 at 10:30**, Dallen B. Lovell, PT, OMT, will educate you about why headaches happen and how to treat them. Dallen is a local physical therapist who has been treating patients with physical therapy needs for the past 27 years. This is a free class, register now.

Volunteer of the Month

Erich Mille arrived in Brooklyn, New York as an 8 year old from Austria. He's lived in Rhode Island, Washington DC, Colorado and Washington State before relocating to Utah in 1993. In 2005, he retired from Delta Airlines after 33 years doing reservation work. After a few months of full-time retirement, his son suggested working at a group home for boys diagnosed with the autism spectrum. This part-time position was tiring and out of his comfort zone, but a challenge and a good fit. In 2008, when his wife died, he stopped work and soon joined the Tai Chi class at the Heritage Center. Within a few weeks Erich started volunteering doing dishes once a week for the summer breakfast program. Erich soon found there were many opportunities he enjoyed at the Center, participating in Yoga, the computer lab, and haircuts. He was asked to serve on the Advisory Board in 2013 and is currently serving as the Chair. Erich has volunteered for numerous special events and is always willing to step in and help when needed. Erich was helping check-in guests for the Thursday evening dance back in 2012 when Frank & Shirley Rehling got married and he recognized a woman from another senior center. He wasn't planning on following up, but one of the student volunteers also helping out that night "nudged him" into asking her to dance. The rest is history; Lenore and Erich just celebrated two and a half years of marriage. Erich said he is loving his new life and his new love. He thanks all the instructors at the Center, Moe for "hiring" him as a volunteer kitchen helper, and Susan for the wonderful staff. This was his new home as a widower and he still feels very welcome. We appreciate all that Erich does for the Heritage Center and we would like to honor him on **Wednesday, May 25 at 12:15.**



Erich & Lenore met at the Heritage Center

Shredding—May 2 10:00-1:00



The Department of Aging and Adult Services is offering free document shredding to seniors on **Monday, May 2** from **10:00-1:00**. The shredding company is one that DAAS works with and have utilized many times in the past. They are safe and reputable. Items will be shredded in the parking lot. Thank you to Salt Lake Aging for providing this FREE service.

NEVER SHRED: Marriage, birth, death, or divorce certificates, power of attorney, social security reports, medical records, or any documents that cannot be replaces.

Property Tax Relief

If you own and occupy a home you may be eligible for property tax relief. On **Wednesday, May 11, at 11:30**, Joy Hayes, Lead Tax Relief Specialist with Salt Lake County will be at the Heritage Center to explain how you may qualify for property tax relief.

Skin Cancer Screening—May 19

Dr. Rolfe from IHC will be at the Center on **Thursday, May 19** from **9:30-11:30** for skin cancer screening. Appointments are needed. It is always a good idea to have your skin checked before the summer months. Most skin cancers are highly curable, more common among women with light pigmented skin, a family history of melanoma, personal history or diagnosis of non-melanoma skin cancer or pre-cancer. This is a free service, register now.

Blood Testing

Blood testing is scheduled for **Wednesday, May 25** from **9:00-11:00**. The cost is \$22 for a Lipid Profile and Hemoglobin A1C. Break-down: Lipid Profile \$15, Hemoglobin A1C \$7.00. Fasting is required for the Lipid Profile. Appointments are needed and payment is made to IHC the day of the test. Results are mailed to your home in approximately 2 weeks. This service is sponsored by IHC Laboratories.

Barber Shop is Open—Expanded Services



The Center offers haircuts for men and women on **Tuesday** mornings from **9:00 to noon**. The cost of this service is **\$9**. Haircuts and trims are for \$9 and hair washing with the trim or cut is \$13. The barber is Jocelyn Anderson.

Haircuts are scheduled by appointment, every 20 minutes, starting at 9:00. Appointments and payment are required in advance. Cancellations need to be made 24 hours in advance for a refund. Ask Jocelyn about the possibility of other services such as perms or colors.

Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Thursday, June 30 from 9:30–12:00** to provide toenail clippings and routine foot screenings. The **cost is \$10** and advance payment is required. Sign up now. *Dr. Shelton is unable to provide services for people who are diabetic or on anti-clotting agents such as Coumadin.*



Massage Therapy on Fridays

Sue Corder, a Nationally Certified and Utah State Licensed massage therapist provides massage therapy on **Fridays** from **11:45–3:45**. Schedule a half hour for \$18 or an hour for \$36. Payment is needed in advance and paid to the Heritage Center.

Online Registration

Did you know that you can register for some of the Heritage Center programs and activities online? It's an easy process that can be completed when you create an account at mcreg.com. You will need an email address to create an account. Go to mcreg.com and select "New Account." Once you have created your log in and password you can choose your activities for registration and pay using a credit card. You will notice that some activities will say "register in person." If you have questions about the process or which programs allow on-line registration, check at the front desk.



Attorney Consultation

An attorney will be available for free 20-minute legal consultations on **Tuesday, May 10** or **June 14** from **1:30–3:30**. Appointments are needed. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help but they will not attempt to represent you.

Blood Pressure and Ask A Nurse



Blood pressure screening is offered on the following days: **Thursday, May 5 or June 2** and Jeff Williams, RN, is here on **Wednesday, May 18 or June 15** for blood pressure and health questions. All screenings are from 11:00–12:00. Special thanks to Rite Aid for providing the Thursday service and Jeff Williams for providing the Wednesday service.

Medicare Help

Need help with Medicare or supplement issues? Sign up for individualized help on **Tuesday, May 17 or June 21 at 12:00**. Bring documents related to the issues and a volunteer from SHIP will help you out.

Transportation

Transportation is available for Murray residents on Wednesdays to and from the Center. The cost is \$2 for a round trip ride. Pick up is between 10:00–10:45 and take home around 2:30 after bingo. Call one day in advance for a ride.

2016 Heritage Center Events



#10 E. 6150 S.

(West of State)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

We are here to
serve you

Monday-Friday

8:00-4:30 and

Thursday until
10:00 PM

Monday	Tuesday
9:00 NIA / Computer Help 9:00 Watercolor 10:00 Shredding in the North Parking Lot 10:15 No Pickleball 10:30 Meditation 11:00 Bridge Lessons 11:30 Mother's Day High Tea 1:00 Movie: Creed 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch / Haircuts / Topaz Trip 9:30 Line Dancing 10:30 Tai Chi / 11:00 Canasta 11:30-12:30 Lunch 12:30 Balance Class 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing
8:30 The Ridge Golf Tournament 9:00 NIA 9:00 Computer Help 9:00 Watercolor 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 1:00 Movie: In The Heart of the Sea 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:30 Balance Class 12:45 Crafts / 1:00 Computer Help 1:30 Attorney 2:00 Beginning Line Dancing 2:00 Wood Craft
9:00 NIA 9:00 Computer Help 9:00 Watercolor 10:15 No Pickleball 10:30 Pen Pal Party 10:30 Meditation 10:30 Afraid of Falling? Learn to Prevent! 11:00 Bridge Lessons 1:00 Movie: Hunger Games: Part 2 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch / Haircuts / Kingsbury 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:00 Medicare Counseling 12:30 Balance Class 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing
8:00 Murray Parkway Golf 9:00 NIA 9:00 Computer Help 9:00 Watercolor 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 1:00 Movie: Point Break 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi / Vital Aging 11:00 Canasta 11:30-12:30 Lunch 12:00 Planetarium 12:30 Balance Class & Exercise Help 12:45 Crafts / 1:00 Computer Help 2:00 Beginning Line Dancing
Center is Closed 	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing/AARP Smart Driving 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:30 Balance Class & Exercise Help 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing

Billiard Room

Pool tables, indoor shuffleboard, and table tennis are available for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building where this equipment is located.

Cards

Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board.



Bridge—Monday at 11:00, Wednesday & Friday at 1:00

Informal Bridge play (Chicago/Party) is held on Monday at 11:00 and Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three handed bridge will be played, if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room.

Canasta—Tuesday at 11:00-2:30

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

Birthday Wednesday — May 4 & June 1



Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, 100 this month — just tell the person collecting the money you've hit a decade and Happy Birthday!

Pickleball—instruction Thursdays at 8:00 AM

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, but loads of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game. Play Pickleball at the Center every **Monday** from **10:15-12:00** or **Thursday** from **9:00-11:00** in the dining room or on the outdoor courts if weather permits. If you are new to the sport, **instructional play** will take place every **Thursday** from **8:00 to 9:00**. Play at the Park Center in Murray Park every **Tuesday and Thursday from 8 am to noon**. Play is free with a Park Center membership or you can purchase a punch pass for 6 visits at \$25.



Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday at 9:30** for all dancers and **Tuesday afternoon at 2:00** for beginners. The cost is \$2.00 and is paid the day of class and placed in the box on the stage. The instructor is Shir-lene Lundskog.

Bingo

Bingo is played every **Wednesday and Friday at 12:45**. Bingo is free (donations appreciated) and winners receive a \$5 gift certificate to Fresh Market or Village Inn Restaurant. A special *Thank You* to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the 1st Friday of each month. In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: \$1 for 1-3 cards played, \$2 for 4-6 cards played.

Due to a change in the discount structure, we will no longer be giving away Smith's Grocery gift certificates. We have a new agreement with Fresh Market.

Come Celebrate the start of summer with a special Bingo on **Wednesday, June 22**.

Happy Hatters



The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday** at **12:45** to play Hand & Foot. Upcoming meetings: **May 5 & 19 and June 2 (Trip) & 16**.

Pen Pal Party

The Pen Pals will have our End of School Party with our student Pen Pals on **Monday, May 16 at 10:30**. Come celebrate the school year with your Pen Pal and enjoy Bingo and Banana Splits in the Dining Room.

Classified Ads

Classified Ads can be placed by Center Participants for \$5 (50 word limit). If you'd like to sell something or wish someone a happy birthday, the next available issue will be in the July/August issue and the deadline to submit is June 15. Ads selling something will need a phone number. See the front desk if you'd like more information. The Center has the right to refuse any ad and does not endorse any ad. All transactions made through the ads must be done outside of the Center and not inside the Center.

Reader's Theater on Friday

Join volunteer Kathryn McNeil in trying your hand at acting by joining the Heritage Center Reader's Theater. The easy thing about a Reader's Theater is it requires no sets, costumes, props, or memorized lines. Instead of acting out literature as in a play, the performer's goal is to read a script aloud, effectively enabling the audience to visualize the action. Performers bring the text alive by using voice, facial expressions, and some gestures. It will be up to the group if you choose to perform any of the stories you have fun learning in the class. The group meets on **Fridays at 12:30**. No acting experience necessary! Just an enthusiasm for fun and a willingness to try reading different roles in a story. Sign-up at the front desk.

The group will perform on **Thursday, June 9 at 12:30** on the stage in the dining room. The play is called "Lunch With Eddie" where two women meet at a restaurant, anticipating a nice lunch and an enjoyable visit—until Eddie the waiter shows up. From then on, everything goes awry, and Marge's reactions escalate until finally something outrageous occurs.

Yard Sale & Car Show Fundraising Event

Saturday, June 11

\$3 Pancake Breakfast

8:00-10:30

\$3 Hot Dog Meal 10:30-1:00



Yard Sale 8:00-Noon



Car Show 9:00-1:00

Yard Sale Donations will be accepted after May 16. Gently used, clean, and working items only please. Car Show applications accepted now. \$10 in advance or \$15 day of the car show. Swag bag & Prizes for car owners.

All proceeds go to programs & services at the Heritage Center.

Tell friends and family and put June 11 on your Calendar!



Ceramics

The ceramic class operates on **Tuesday and Thursday from 8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced student. The cost to participate is \$1.50 each time you attend plus supplies.

Craft Day

A small group of students from past craft classes meet on **Tuesday afternoons 12:45 to 4:00** to share their skills and knowledge and chat about things that are important in their lives. Newcomers are welcome. Bring your projects to share.



Join us on Monday for Free Movie & Popcorn - Showtime is 1:00



May 2 - **Creed** (2015) 133 minutes - Drama/Sport

May 9 - **In The Heart of the Sea** (2015) 124 minutes - Action/Adventure

May 16 - **Hunger Games: Mockingjay Part 2** (2015) 137 min - Adventure

May 23 - **Point Break** (2015) 117 minutes - Action/Crime

May 30 - NO MOVIE - Center is closed for Memorial Day

June 6 - **Star Wars Episode VII** (2015) 135 minutes - Action/Sci-Fi

June 13 - **Joy** (2015) 124 minutes - Biography/Comedy

June 20 - **Victor Frankenstein** (2015) 110 minutes - Drama/Thriller

June 27 - **The Letters** (2015) 114 minutes—Biography/Drama

Center Closed

The Center will be closed on
Monday, May 30



Welcome Summer
Special Bingo

Wednesday, June 22

12:45



Everyone Welcome
No registration needed

Newsletters



Newsletters are available at the front desk (1.00 donation), online at www.murray.utah.gov, emailed to those who have an active participant card and have provided an email address, or a yearly subscription for \$20 can be purchased and the newsletter will be mailed to your home each month.



Pick up your 20% senior discount cards at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center all of the proceeds.

The Center has received \$1000 this year from the cards. Thank you Chuck-A-Rama and those who purchase the cards!

Smith's
FOOD & DRUG STORES

Every time you swipe your card at Smith's, the Heritage Center will earn money through the **Smith's Community Rewards Program**, but only IF you link your rewards card to the Heritage Center. To enroll in the Community Rewards Program, go to smithsfoodanddrug.com and register your card for the Heritage Center. You need a rewards card and email address to make this happen. Instruction sheets are available at the front desk.

Exercise every day...

NIA

Monday 9:00-10:00

\$10 per month, punch pass, or \$3

STRENGTH CONDITIONING

Monday & Thursday 2:00-3:00

\$15 per month, punch pass, or \$3

STRETCH & TONE

Tuesday & Thursday 9:00-10:00

\$15 per month, punch pass, or \$3

TAI CHI

Tuesday & Thursday 10:30-11:30

\$15 per month, punch pass or \$3

LINE DANCING — \$2.00 per class

Tuesday 9:30-11:00—Everyone

Tuesday 2:00-3:00—Beginners

CHAIR A-ROBICS — Free

Wednesday & Friday 11:15-11:45

YOGA

Wednesday & Friday 10:00-11:00

\$15 per month, punch pass, or \$3

ZUMBA

Friday 9:00-10:00

\$10 per month, punch pass, or \$3

EXERCISE ROOM

Open for use daily—\$5 per month or \$1 per visit. Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

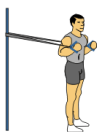
Total Fitness Pass—\$30 per month—unlimited classes & use of the exercise room.

The Exercise Room is **FREE** for those who have the Silver Sneaker or the Silver & Fit program with their insurance provider.

U of U Exercise & Sports Volunteer Students

A group of U of U Exercise & Sports Students will start on **Tuesday, May 24** and will be with us every **Tuesday & Thursday at 12:30-2:00**. The cost is covered by your exercise room payment of \$1 per visit or \$5 per month or is free with Silver Sneakers. The students can help you improve your fitness levels, increase your endurance, balance, and stretching abilities. This program has become one of our

most popular classes as participants enjoy improving their fitness skills and their general knowledge about fitness. The students also offer one-on-one-help, sign up for that service takes place in the exercise room.



Have you tried the wall mount for resistance training? The U of U students will be available on

Tuesday and Thursday to demonstrate how to incorporate the bands into your exercise routine.

Research has shown aerobic exercise to be beneficial in preventing and managing heart disease, improving brain health, helping to manage chronic health conditions, controlling weight and fighting obesity, enhancing strength and endurance for daily activities.

Total Fitness Pass

Total Fitness Pass—for \$30, you can purchase a monthly total fitness pass that allows you to participate in any exercise class offered at the Heritage Center plus the exercise room for an entire month. This is a great option if you are attending at least two classes a month. See the front desk if you have questions about payment options for exercise classes.



Did you know the Exercise Room is **FREE** if your insurance offers the Silver Sneakers Fitness or the Silver & Fit program? Give your Silver Sneakers or Silver & Fit card number to the front desk and use the room as much as you like! The Center is then reimbursed by your insurance company.



Did you know if you have the Select Health Advantage plan that your wellness reimbursement will pay for exercise classes at the Center? Just sign up and pay, keep your receipt and submit it to SelectHealth for reimbursement. They reimburse up to \$20 per month or \$240 per year for your health and wellness needs. That means The Total Fitness Pass would only cost you \$10 per month after reimbursement. What a deal!

Golf Season In Full Swing

Golf tournaments are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100 or more players who will participate in each tournament.

Fees for each tournament include green fees, electric cart, and prizes. A one time registration fee of \$7 is to be paid when registering for the first tournament played. All tournament fees must be paid at least 10 days before the tournament.

2016 Season Schedule:

5/9 — 8:30 The Ridge	8/15 — 7:30 Davis Park
5/23 — 8:00 Murray	8/29 — 7:30 Talon's Cove
6/13 — 7:30 Glenmoor	9/12 — 8:30 Gladstan
6/27 — 8:00 Wasatch	9/26 — 8:30 Meadowbrook
7/11 — 7:30 Rose Park	
8/1—8:00 Round Valley*	10/10—Year End Banquet

*Scramble Tournament Format

Shakespeare Trip in August



The Heritage Center will again charter a bus to visit the Tony Award winning **Shakespeare Festival, August 29-31.**

Join us as we see three plays this year, ***Much Ado About Nothing***, ***Cocoonuts***, and ***Henry V***. The two Shakespeare shows will be in the brand new Engelstad Shakespeare Theatre. The cost is \$325 per person (double occupancy) and \$425 (single room) and includes two nights at the Abbey Inn, chartered bus, dinners at Rusty's and Milt's and three plays. Registration begins June 8 and at least \$50 needs to be paid when reserving your spot. Final payment is due by July 22. No refunds are given after July 22 unless the spot can be sold.

Monday Brunch begins June 20—Volunteers Needed



Starting **Monday, June 20**, the Center will welcome back our "Brunch" every Monday, on the patio from **10:00-12:00**. Come alone or bring your friends. The patio is a beautiful place to enjoy our visiting quail, flowers and the morning breeze. Things are always blooming on the patio and the ambience is magical.

You will be able to choose a complete meal or pick a la carte from the menu. Choose eggs any style, omelets, pancakes, waffles, toast, various meat items, hash browns, or the Chef's specials. Beverages are complimentary with your order. You will meet the cashier out on the patio to fill out your order form and pay. Then take a seat and a volunteer

server will pick up your completed and paid order and take it to the kitchen. Calli and her team will get your order ready and your server will bring it out to you at your table. So stop by the patio and put in your order after the Monday NIA class at 10:00, or precede your Meditation class with a light brunch. Maybe it's a great time to read the paper and catch up on the news before Bridge, enjoy brunch for lunch before the movie, or how about just enjoying a meal with friends?

The brunch requires a lot of volunteers because of the café model. If you would like to volunteer, see Moe. It's great fun! A special Thanks to SelectHealth who sends employees each week to play the role of server.



Center Trips



...Travel with friends

Wendover

Travel to Wendover on **Thursday, May 12** and enjoy a day at the Rainbow Casino. Then put **Thursday, July 14** on your calendar to try your luck when we travel again to the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$17** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately 7:00 pm. You may sign up now.

Tracy Aviary

Tracy Aviary is a Salt Lake City treasure that inspires curiosity and caring for birds and nature through education and conservation. The Heritage Center bus will make two trips to the Tracy Aviary to view birds in their native habitat and watch an indoor bird show; on **Thursday, May 26** and again on **Tuesday, June 7**. Both trips leave at 10:00 and a sack lunch is included in the \$12 cost of the trip. Registration for these trips begins May 11.

Bus Trip Reminders

- ☺ Dress in layers.
- ☺ Payment needed when reservation is made.
- ☺ You may only reserve a spot for yourself and one guest.
- ☺ Arrive 15 minutes early.

Clark Planetarium: National Parks Adventure 3D

Presented in IMAX 3D, the power of America's national parks is undeniable. Millions have packed the family to hike through impossibly lush forests, to gaze upon towering cliffs and deep-plunging canyons, to witness the breathtaking arcs of natural history, and, most of all, to share moments of wonder amid the protected treasures of this land.

National Parks Adventure takes audiences on the ultimate off-trail adventure into America's awe-inspiring great outdoors and celebrates the 100th Anniversary of the National Park Service.

We will make two trips to the Clark Planetarium to view National Parks Adventure, first on **Tuesday, May 24 at 12:00** and again on **Thursday, June 9 at 2:00**. The cost is **\$12**. Sign ups begin May 3.



Kingsbury Hall: Celebrating U on the Circle

Celebrating U on the Circle has become an annual tradition. Celebrating the end of the school year, but with an eye on the future, the school kids in attendance will have a pep talk about staying in school followed by a performance by Island Traditions Polynesian Dance Company. We will then go on the lawn on Presidents Circle to eat a sack lunch provided by the Center. **Celebrating U on the Circle** is **Tuesday, May 17**; the bus will leave at 9:00. Registration is open now for this trip and the cost is **\$7** which includes a sack lunch.

Topaz—Thursday, June 23—9:00

Back by popular demand, we will travel to Delta, Utah and the site of Utah's Japanese Relocation Camp, **Topaz**. The internment of Americans of Japanese ancestry during World War II was one of the worst violations of civil rights against citizens in the history of the United States. The government locked up over 110,000 men, women and children in 10 remote camps, including one in Utah near Delta. The Heritage bus leaves at 9:00 and will head for Delta on **Thursday, June 23**, where we will visit the museum which tells the story of the 11,000 internees and the ruins of the Topaz camp. Cost of the trip is \$10 and includes a sack lunch. Sign ups start June 3 for this trip.

Thursday Evenings: Heritage Center is Open Until 10:00 PM

The Heritage Center is open until 10:00 pm on Thursday evenings. Enjoy the computer lab, billiard room, exercise room, or dance to the music of Tony Summerhays. Scheduled programs listed below:

Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night from 7:00-10:00 pm**. Cost of this activity is \$5 per person. Light refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. In March and April, our sponsors were Village Inn

Murray & West Jordan, Chuck-A-Rama, Tony Summerhays, Cindy Jones, and Noreen Hansen.

Remote Control Aircraft Club

The Ute Radio Control Association will meet at the Center on **May 12 and June 9 at 7:00 pm** to share flying stories, display member's aircraft, review upcoming activities, and discuss items related to the club's functions. Those interested in remote control flight of aircraft of any type, pilots of any skill level, please stop by. The club meets on the second Thursday of every month.

Jam Session

The Center sponsors a music "Jam" session for interested musicians on the **second Thursday from 3:30-5:00**. Bring your instrument on **Thursday, May 12 and June 9** and be ready to Jam!



Evening Class Ideas

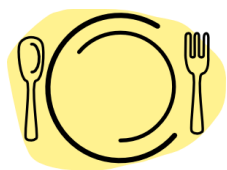
Do you still work part time and can't come to the Center during the day? Do you have ideas on classes you'd like to see held on Thursday evenings when the Center is open late? Give your ideas to Maureen or Susan and they'll try to make it happen on a Thursday evening.

Monday Evening Family Concerts—Monday, June 13 with Shanahy

The first concert of the season will be **Monday, June 13 at 7:00 PM** in the backyard of the Center with a performance by Shanahy. One of the longest-running music groups in the Intermountain region, having performed together for 20 years, Shanahy is a band that hails from Salt Lake City and performs traditional songs and tunes from the British Isles—primarily Scotland and Ireland. The special Shanahy sound features fiddles, highland pipes, cauldwind pipes, uilleann (Irish) pipes, whistle, flute, bodhran, guitars, and both female and male vocals. Shanahy performs traditional jigs, slip jigs, reels, strathspeys, waltzes, airs and songs, along with a few contemporary and original pieces within the Celtic style. This is a **FREE** concert. Invite the whole family, all ages are welcome. The Center will open at 6:00 PM for the 7:00 PM event. Monday, July 11 the evening concert will feature Flint & Steel, a bluegrass band.



Don't forget to **SCAN** your card or ask the front desk to "scan you in" if you don't have a card when you arrive at the Center. This tells us how many people are coming to the Center each day. We use this figure to help us see how we are doing. Are we increasing in numbers or decreasing in numbers? When are the busy days and what days should we add more activities? This number is helpful to the staff for planning purposes and to show how well we are doing. Thanks for scanning!



May 2016

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30

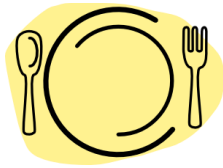
Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option.

Prices range from \$2.00 - \$4.00



Monday	Tuesday	Wednesday	Thursday	Friday
NO LUNCH ²	CLUB WRAP ³ Chips, Pea Salad Rolo Blondie	HONEY HAM ⁴ Cheddar Beer Potatoes, Green Beans Birthday Cake & Ice Cream	STACKED ENCHILADA CASSEROLE ⁵ Southwest Slaw Churro	BEEF STROGANOFF ⁶ Egg Noodles Carrots Samoa Sheet Cake
NO LUNCH ⁹	HAWAIIAN PORK FAJITAS ¹⁰ Macaroni Salad Banoffee Cupcake	CHICKEN AVOCADO BURGER ¹¹ Bacon Ranch Potato Salad, Fruit Oatmeal Raisin Cookie	HALIBUT & CHIPS ¹² Dill Oven Fries Coleslaw Apple Berry Cobbler	SWISS CHICKEN BAKE ¹³ Brown Rice Spinach Casserole Peanut Butter Oat Squares
NO LUNCH ¹⁶	SHREDDED BEEF TACOS ¹⁷ Black Bean Salad Snickerdoodle Cookie	SAUSAGE ALFREDO ¹⁸ Avocado Caesar Salad Berry Pavlova	RANCH BURGER ¹⁹ 7 Layer Salad Toffee Pecan Pound Cake	LEMON DILL SALMON ²⁰ Baked Potato, Green Bean Casserole Butter Cookie
NO LUNCH ²³	CHICKEN KIEV ²⁴ Rice Pilaf, Peas Blueberry Betty	SWEDISH MEATBALLS ²⁵ Rice, Brussels Sprouts Peanut Butter Cereal Bar	MUSHROOM & SPINACH LASAGNA ²⁶ Green Salad Tiramisu	CALIFORNIA CLUB SANDWICH ²⁷ Broccoli Almond Salad Praline Cookie
NO LUNCH ³⁰	 CENTER CLOSED ³¹			



June 2016

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich or salad option.

Prices range from \$2.00 - \$4.00



Monday	Tuesday	Wednesday	Thursday	Friday
		¹ CHICKEN CHIPOLTE PASTA Fajita Salad Birthday Cake & Ice Cream	² CHICKEN SCHWARMA Cucumber Salad Grasshopper Pie	³ POT ROAST Mashed Potatoes and Gravy, Veggie Berry Napoleon
⁶ NO LUNCH	⁷ PARMESAN PORK CHOP Roasted Potatoes, Zucchini Fudge Brownie	⁸ HERB TILAPIA Fresno Potatoes, Broccoli Carrot Cake	⁹ CUBAN SANDWICH Oven Fries Fruit & Cake Salad	¹⁰ LEMON BUTTER CHICKEN Dill Mashed Potatoes, Peas Banana Oreo Cupcake
¹³ NO LUNCH 7:00 pm Family Concert	¹⁴ PASTA BOLOGNESE Chopped Salad, Breadstick Texas Tornado Cake	¹⁵ BLT BBQ Salad Tropical Fruit Trifle	¹⁶ CASHEW CHICKEN Rice, Veggie Lemon Cookie	¹⁷ PORK RIBS Baked Beans Coleslaw Millionaire Pie
²⁰ Brunch Café 10:00 – 12:00	²¹ SHRIMP PO'BOY Pasta Salad Apple Spice Cake	²² CHICKEN FRIED STEAK Mashed Potatoes and Gravy, Carrots Chocolate Pistachio Cupcake	²³ CARNITAS ENCHILADAS Cilantro Salad Macaroons	²⁴ FISH TACO Corn Salad Banana Split Pie
²⁷ Brunch Café 10:00 – 12:00	²⁸ GARLIC CHICKEN Parmesan Potatoes, Green Salad Chocolate Oreo Cake	²⁹ MEATLOAF Baked Potato, Broccoli Peach Cobbler	³⁰ ONION BACON BRATWURST Macaroni Salad, Fruit Rocky Road Cookie	